

Historic, Archive Document

Do not assume content reflects current
scientific knowledge, policies, or practices.



U. S. DEPARTMENT OF AGRICULTURE
Office of Information
Press Service



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
MAY 1, 1931 (FRIDAY)

THE MARKET BASKET

by

the Bureau of Home Economics,
U. S. Department of Agriculture, and
the Woman's Division of the
President's Emergency Committee for
Employment

FAMILY FOOD GUIDE

:		:
:		:
:		:
:	Every meal—Milk for children, bread for all.	:
:	Every day---Cereal in porridge or pudding.	:
:	Potatoes.	:
:	Tomatoes (or oranges) for children.	:
:	A green or yellow vegetable.	:
:	Milk for all.	:
:	Two to four times a week---	:
:	Tomatoes for all.	:
:	Dried beans and peas or peanuts.	:
:	Eggs (especially for children).	:
:	Lean meat, fish or poultry, or cheese.	:

* * * * *

In the spirit of Child Health Day, which President Hoover has proclaimed for May first, the Bureau of Home Economics of the United States Department of Agriculture calls attention to its food guide which was prepared to help safeguard nutrition of adults as well as children in times of stress. One of the chief concerns of mothers and fathers is the health and happiness of their children, and parents more and more recognize the importance of food in relation to health.

Since the first of the year, when the bureau first issued a weekly food guide to help families whose incomes were reduced, thousands of letters have been received asking special advice on feeding children. Some mothers come with particular dietary problems, but the majority of them want to know how they can spend their money to keep their children well.

This problem is not entirely confined to persons of the lower income levels. Families who spend the most for food are frequently getting the least for their money. Having the price to buy does not automatically safeguard nutrition, the bureau points out.

"Not all foods furnish an equal nutritional value for a given expenditure," says Mrs. Rowena Schmidt Carpenter, child specialist of the bureau. "For this reason the bureau developed the food guide and weekly market orders to fit the needs of families of different sizes. Growing children especially need foods that supply building materials. Milk contains efficient proteins for children since it provides them with the various kinds that are very useful in making muscle. In addition to the foregoing reason for the large milk quota which we advise for children, milk is valuable for its vitamin and mineral content. Milk is especially important when incomes are reduced.

"In a restricted diet there is great likelihood of deficiencies in some of the very necessary materials which promote growth and development of children. For instance, calcium, phosphorus, and iron are three minerals very important in the diet of a growing child. They are not so abundant in all foods as are some of the other essential minerals so they need particular emphasis. Milk is the best source of calcium, and most fruits, vegetables, and meat as well as milk supply phosphorus. Iron is likely to be low unless the child eats egg yolk, green vegetables, prunes, raisins, and liver.

"Whole milk may be consumed either fresh, evaporated, or dried, and it is relatively inexpensive in all parts of the country. The same is true just now of eggs. Many cuts of meat are at present as low as ten cents a pound and although calf liver is in the delicacy class, beef, and pork liver offer similar nutritive value and are low in price. Unless wisely chosen fruits and vegetables are likely to be the most expensive food item each week.

"Children require foods that supply energy and this need is greater as children increase in size and weight and become more active. Fats, sugar, and grain products supply more energy than most other foods. The information issued by the bureau suggests a balanced supply of these essentials on the basis of food groups. It also points out how to get the most from inexpensive foods." Mrs. Carpenter emphasizes that children need raw and quickly cooked vegetables. Fortunately, people following the low cost food guide as well as those planning more elaborate diets can serve them to their families. The variety will not be quite so great when food money is limited she points out, but the results can be the same in maintaining the well being of children. The choice of vegetables should be governed by the locality and season of the year, for cost is usually based on these two factors. Cabbage is inexpensive the year round and canned tomatoes serve practically the same purpose as the fresh variety, for they retain their vitamin content better than most vegetables when heated. They also are interchangeable with citrus fruits. Spinach and other greens are inexpensive at present and should be served frequently.

"We now permit children to have almost any food providing it is suitably selected and prepared," Mrs. Carpenter declares. "There are so very few 'Thou shalt nots' that we merely emphasize the method of preparation, giving preferences to broiling, baking, steaming, and boiling foods rather than to frying them. The better way to serve meals is to have the heavier protein dishes at

noon rather than at night since the children are sent to bed soon after the evening meal. If part of an evening dinner for the family is saved out for the children's noon meal no extra foods need be bought."

A FAMILY OF TEN
including
three adults and seven children should buy every week

Bread.....	25 - 35 pounds
Flour.....	3 - 5 "
Cereal.....	10 - 12 "
Whole fresh milk.....	43 - 56 quarts
or	
Canned unsweetened milk.....	43 - 56 tall cans
Potatoes.....	30 - 40 pounds
Dried beans, peas, peanut butter.....	2 - 5 "
Tomatoes, fresh or canned, or citrus fruits.....	12 "
Other vegetables (including some of green or yellow color) and inexpensive fruits.....	30 - 40 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc. ...	6 "
Sugar and molasses.....	7 "
Lean meat, fish, cheese, eggs.....	10 - 14 "
Eggs (for children).....	8

* * * *

MENU FOR ONE DAY

Breakfast

Rolled Oats with Raisins
Toast
Coffee (adults) - Milk (children)

Lunch

Tomato Soup

Raw Vegetable Sandwiches
Chocolate Cornstarch Pudding
Milk for All

Dinner

Scrambled eggs - Spinach
Creamed Potato
Graham Muffins
Stewed Fruit
Tea (adults) - Milk (children)

* * * *

RECIPES

(These recipes serve five persons)

Tomato Soup

1-1/2 quarts canned tomatoes	1 teaspoon sugar
1 bay leaf	2 tablespoons butter or other fat
1/2 onion	1 tablespoon flour
8 cloves	1 teaspoon salt

Cook the tomatoes with the seasonings for ten minutes and strain. Blend the flour and the fat and mix with the hot tomato pulp and stir until thickened. Cook for five minutes. Sprinkle finely chopped parsley over the top and serve with croutons.

Raw Vegetable Sandwich

6 tablespoons finely diced celery	1 tablespoon lemon juice
6 tablespoons grated raw carrot	2 tablespoons mayonnaise or creamed butter

Dice the celery fine and grate the carrots. Mix with the lemon juice and creamed butter or mayonnaise and place between slices of bread.

Chocolate Cornstarch Pudding

6 tablespoons cornstarch	1/2 cup sugar
4 tablespoons cocoa or	1/4 teaspoon salt
1 square unsweetened chocolate	1 quart milk
melted in the milk when heated	1 teaspoon vanilla

Mix thoroughly the cornstarch, cocoa, sugar, and salt. Pour into this mixture the milk which has been heated in a double boiler. Return to the double boiler, stir until thickened, cover, and cook for 30 minutes. Remove from the fire, beat well, and add the vanilla. Pour into a wet mold; chill, and serve plain or with a custard sauce.

-----W-----



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
MAY 8, 1931 (FRIDAY)

by

the Bureau of Home Economics,
U.S. Department of Agriculture, and
the Woman's Division of the
President's Emergency Committee for
Employment

FAMILY FOOD GUIDE

Every meal--Milk for children, bread for all.
Every day---Cereal in porridge or pudding.
Potatoes.
Tomatoes (or oranges) for children.
A green or yellow vegetable.
Milk for all.
Two to four times a week --
Lean meat, fish or poultry, or cheese.
Tomatoes for all.
Dried beans and peas or peanuts.
Eggs (especially for children)

* * * * *

The heart, liver, and kidney of beef, the liver of lamb, and the liver and heart of pork are inexpensive meats that should not be overlooked, especially by persons living by the low cost food guide, says Dr. Hazel K. Stiebeling, food specialist of the Bureau of Home Economics, U. S. Department of Agriculture. They are not only comparatively low in cost but they are

usually much richer in vitamins than muscle meats, she says, and in addition provide an interesting variation in the diet.

"So much has been said recently about liver that the demand for calf liver has skyrocketed the price until it is now one of the most expensive meats on the market," Doctor Stiebeling said. "Beef liver and hog liver are rich in vitamins and minerals and are sold anywhere from 5 to 25 cents a pound, depending chiefly on locality. Hog liver is better known in the South and is usually cheaper than beef liver.

"Like all pork products the hog liver must be well cooked. Recent experiments with it at the bureau demonstrated that it is much more palatable if scalded one-half to one minute before cooking. With this procedure it compares favorably with beef and calf liver. Either kinds of liver may be fried with or without bacon; scalloped with potatoes or rice; broiled; cooked in casserole; creamed with ham and served on toast or made into a loaf with rice. The bureau has tested all these recipes.

Kidney is another meat seldom used which, is richer than muscle meats in the vitamins which are indispensable to normal growth, help prevent bacterial infection of the respiratory system, and prevent beriberi and pellagra. Served in a stew, kidney makes a very nourishing main dish for a meal and in an omelet it is one of the foods for which Paris is justly famous.

Beef heart, owing to lack of demand, is not sold everywhere, but where it can be bought it ranges in price from 12-1/2 to 20 cents a pound. Calf hearts are more expensive but are not so high as calf liver. Beef heart is good when stuffed with savory dressing and baked. Its flavor is excellent.

Doctor Stiebeling emphasizes that liver is often cooked too long and at too high a temperature. She suggests steaming or boiling it for young children. Older children may have sandwiches filled with chopped cooked liver, mixed with celery or a little lemon juice and seasoned with salt. She advocates liver in small amounts three or four times a month for children and perhaps twice for adults.

A FAMILY OF FIVE
including
father, mother, and three children should buy every week:

Bread	12 - 16 pounds
Flour	1 - 2 pounds
Cereal	4 - 6 pounds
Whole fresh milk	23 - 28 quarts
or	
Canned unsweetened milk	23 - 28 tall cans
Potatoes	15 - 20 pounds
Dried beans, peas, peanut butter	1 - 2 pounds
Tomatoes, fresh or canned, or citrus fruit	6 pounds
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 18 pounds
Fats, such as bacon, butter, lard, margarine, salt pork, etc. .	2½ pounds
Sugar and molasses	3 pounds
Lean meat, fish, cheese, eggs (8 eggs approximate 1 pound) . .	5 - 7 pounds
Eggs (for children)	3 eggs
Coffee	1 pound
Tea	¼ pound

* * * * *

MENU FOR ONE DAY

Breakfast

Orange Juice
Cooked cereal - Top Milk
Coffee - Milk

Dinner

Liver and Rice Loaf
Baked Potatoes - Beets
Muffins
Tea

Supper

Bean Soup - Toast
Prune Shortcake
Milk for all

* * * * *

RECIPES

Liver and Rice Loaf

½ cup rice	½ cup fresh celery leaves
4 cups boiling water	1 tablespoon chopped parsley
1 pound sliced liver	2 tablespoons flour
2 tablespoons butter or other fat	1 cup canned tomato
1 small onion, chopped fine	2 teaspoons salt

Cook the rice until tender in boiling water and do not drain; but let the rice absorb the water so as to form a sticky mass which will act as a binder for the loaf. Wipe the liver with a damp cloth and remove the skin. Sprinkle the liver with salt and flour, and cook in the butter or other fat in a skillet for about 3 minutes. Remove the liver, and grind or chop it very fine. Cook the onion, celery, and parsley in the drippings for a few minutes, add the flour and tomato, and stir briskly until thickened. Then mix all the ingredients until thoroughly blended, form into a loaf with the hands on parchment paper on a rack in an open roasting pan, and bake for about 30 minutes in a moderate oven (350°F.).

Kidney Stew

1 beef kidney	1 tablespoon melted butter or other fat
1 cup diced potato	1 egg yolk
1 small onion, sliced	Chopped parsley
$\frac{3}{4}$ teaspoon salt	Few drops tabasco sauce
1 tablespoon flour	1 tablespoon lemon juice

Wash the kidney well, and remove most of the fat. Cover with cold water, heat slowly to the boiling point, discard the water, and repeat the process until there is no strong odor and no scum on the water. Then add about 1 quart of fresh water and simmer the kidney until tender. Remove the kidney and cut into small pieces. Reserve the broth and cook the potato and onion in it. Then add the kidney and the salt. Thicken with the blended flour and fat, and cook for a few minutes longer. Stir some of the stew into the beaten egg yolk, mix all together, and add the parsley, tabasco sauce, and lemon juice. The heat of the stew will cook the egg sufficiently. Serve at once.

Stuffed Beef Heart

1 beef heart	$\frac{1}{2}$ green pepper, chopped
2 tablespoons bacon fat or other drippings	3 cups bread crumbs
1 small onion, chopped	$\frac{1}{2}$ teaspoon salt
	1 cup chopped celery

Wash the heart and remove the gristle and veins. Make a slit in the side and fill with stuffing made as follows: Melt the fat, cook the onion and green pepper for a few minutes, add the bread crumbs, salt, and celery, and stir until well mixed. Sprinkle the heart inside and out with salt and pepper, fill with the hot stuffing, and sew up the slit. Sear the heart in hot fat, place in a baking dish, add $\frac{1}{2}$ cup of hot water, cover and cook until tender in a very moderate oven (300°F.). A beef heart will require about 2 hours. Remove the heart and add flour to the drippings and enough water to make a thin gravy. Serve surrounded by the gravy.

-----WT-----

INFORMATION FOR THE PRESS



U. S. DEPARTMENT OF AGRICULTURE
Office of Information
Press Service



WASHINGTON D C

RELEASE FOR PUBLICATION
MAY 15, 1931 (FRIDAY)

HOME ECONOMICS

THE MARKET BASKET

by
the Bureau of Home Economics,
U. S. Department of Agriculture, and
the Woman's Division of the
President's Emergency Committee for
Employment

FAMILY FOOD GUIDE

:
:
: Every meal-- Milk for children, bread for all. :
: Every day -- Cereal in porridge or pudding. :
: Potatoes. :
: Tomatoes (or oranges) for children. :
: A green or yellow vegetable. :
: A fruit or additional vegetable. :
: Milk for all. :
: Two to four times a week-- :
: Tomatoes for all. :
: Dried beans and peas or peanuts. :
: Eggs (especially for children). :
: Lean meat, fish or poultry, or cheese. :
* * * * *

Be sure to measure the ultimate cost of all canning operations before launching a big program of preserving foods at home. This is the timely warning issued to the homemakers of the country by the Bureau of Home Economics, U. S. Department of Agriculture.

For economic reasons the question of home canning is likely to be more important this season in more homes than it has been since the days of the war, according to Dr. Florence B. King, chief of the food utilization division of the bureau. Canning should be a means of preserving surplus foods, she says, and not as an end in

itself. Unless all costs are considered carefully, canning may defeat its economic purpose.

"There is no virtue in depriving the family of its supply of fresh vegetables in order to have some for canning," Doctor King points out. "If a definite canning program is planned, the home garden should be planted to provide the surplus and still leave plenty of vegetables and fruits for daily use while they are fresh. If it will be necessary to buy fruits and vegetables for canning, the cost should be compared with fresh products out of season or with commercially canned goods. Produce is likely to have the best flavor and be the cheapest when it is most abundant, which is the logical time for canning.

"The reason for canning foods immediately after gathering is much more than an esthetic one. The preservation of the vitamin content and the control of the bacteria, yeasts, and molds, which cause spoilage, depend largely on freshness. One hour from the garden to the can is a wise slogan. The produce must be thoroughly washed, and those which grow close to the ground, like spinach, must receive special attention, because the organisms found in soil are some of the most difficult types to kill. Yeasts and molds are easier to kill than bacteria, many types of which go through a spore phase in their life cycle which makes them harder to destroy.

"No growing and vegetative forms of bacteria are able to survive the temperature of boiling water for any appreciable length of time. Many spore forms, on the other hand, are killed at boiling temperature only after long continued heating. This means that the degree of heat and the length of time that heat is applied should always be regulated to insure a sterile product. The temperature and time schedule vary with the fruit or vegetable, depending on the acidity and the viscosity of the juices. After destroying the microorganisms the food must be protected against the entrance of others by sealing air-tight."

The U. S. Department of Agriculture distributes a publication, "Canning Fruits and Vegetables at Home," which takes up in detail the several methods used in canning and the length of time necessary to process the various fruits and vegetables. The bureau says that it is not safe to can non-acid fruits and vegetables and meat except under pressure.

Strawberries, rhubarb, asparagus, spinach, and other greens are the fruits and vegetables which are either in season or just coming in now, depending on the locality. The season for rhubarb is comparatively brief. Its refreshing tartness has an established association along with the foods that are considered natural spring tonics. If there is a surplus of rhubarb in the home garden or if the market price is reasonable, the bureau suggests canning rhubarb. It is an excellent addition to the diet in all seasons and contrary to the opinion of some food faddists, the digestive system handles it well along with other foods, whether protein, carbohydrate or fat.

A FAMILY OF THREE

including

father, mother, and two-year-old child should buy every week:

Bread.....	10-15 lbs.
Flour.....	1- 2 lbs.
Cereal.....	3- 4 lbs.
Whole fresh milk.....	9-14 lbs.
or	(tall
Canned evaporated milk.....	9-14 cans
Dried beans, peas, peanut butter.....	1- 2 lbs.
Potatoes.....	8-10 lbs.
Tomatoes, fresh or canned, or citrus fruit.....	4 lbs.
Other vegetables (including some of green or yellow color) and inexpensive fruits.....	12-14 lbs.
Fats, such as lard, salt pork, bacon, margarine, butter, etc.	2 lbs.
Sugar and molasses.....	3 lbs.
Lean meat, fish, cheese, eggs (1 doz. eggs approximates 1 lb.).....	3- 5 lbs.
Eggs (for children).....	3 ea.
Coffee.....	1 lb.
Tea.....	1/8 lb.

MENU FOR ONE DAY

Breakfast

Stewed Rhubarb
Cooked cereal - top milk
Toast
Coffee (adults) - Milk (child)

Lunch

Corn Soup
Tomato Omelet
Milk for all

Dinner

Lamb stew with Potatoes
Spring Greens
Gingerbread
Tea (adults) Milk (Child)

RECIPES

(These recipes serve five persons)

Corn Soup

2 cups canned crushed corn	1 tablespoon flour
1 cup water	4 tablespoons butter
1 quart milk	Salt to taste
1 onion, cut in halves	Pepper

Combine the corn and the water, cook for 10 minutes, and stir constantly to keep from sticking to the pan. Press the corn through a strainer. Heat the milk and the onion in the double boiler and thicken with the flour and fat, which have been well blended. Add the corn pulp, salt, and pepper. Heat, remove the onion, and serve. Buttered pop corn makes an interesting substitute for croutons to serve with corn soup.

Tomato Omelet

To make a fluffy omelet for a family of five use from 4 to 6 eggs. For a four-egg omelet, beat the yolks thoroughly and add 4 tablespoons of milk. If preferred, the milk may be heated; it will then cook the yolks slightly when it is added and will give the mixture a smoother consistency. Or, one-half cup of hot white sauce of medium thickness added to the four yolks will make a larger omelet with more body. Fold the yolk mixture gradually and carefully

into the stiffly beaten whites containing one-fourth teaspoon of salt. Have ready and hot a smooth heavy omelet pan containing 1 tablespoon melted butter, and pour the egg mixture into the pan. The omelet may be cooked in three different ways, but in any case start it on top of the stove at moderate heat. If a small sized gas or oil burner is used, move the pan about so that the omelet will cook around the edge at the same rate as in the center. As soon as the omelet has browned slightly on the bottom, place it in a moderate oven (350° F.) and bake for 10 minutes. Or, continue the cooking on top of the stove until the mixture sets, and then place under a low broiler flame for 2 or 3 minutes. Or, if preferred, cover the pan during the whole period and so cook the top of the omelet with steam. When the omelet is done, crease it through the center, fold it over with a spatula, and roll it onto a hot platter without attempting to lift it from the pan. Pour over the omelet the hot tomato sauce, and serve at once.

Tomato Sauce

2 cups canned tomatoes	2 whole cloves
2 slices onion	Flour
1 teaspoon sugar	Butter or other fat
1 bay leaf	Salt and pepper
2 whole allspice	

Simmer the tomato, onion, sugar, and spices for 10 minutes. Strain through a fine sieve, and measure the liquid. For each cup of liquid blend 2 tablespoons flour and 2 tablespoons melted fat, add to the tomato juice with salt and pepper to season, and stir until thickened. Continue to cook over hot water for 5 to 10 minutes. Serve hot with croquettes or meat loaf.

Gingerbread

1/3 cup fat	1/2 teaspoon soda
1/2 cup sugar	1/2 teaspoon salt
1 cup molasses	1 teaspoon ginger
1 egg	1/2 teaspoon cloves
3 cups sifted soft-wheat flour	1/2 teaspoon cinnamon
4 teaspoons baking powder	1 cup milk

Cream together the sugar and fat. Add the molasses and beaten egg. Sift together twice the dry ingredients and add to the first mixture alternately with the milk. Bake in two shallow pans in a moderate oven (350° F.) for 30 to 40 minutes. Serve with cream cheese or whipped cream.

One cup of sour milk may be used instead of the sweet milk. In that case, use 1 scant teaspoon of soda in place of the 1/2 teaspoon called for in the recipe and use only 2 teaspoons of baking powder.

1870

1871

1872

1873

1874

1875

1876

1877

1878

1879

1880

1881

1882

1883

1884

1885

1886

1887

1888

1889

1890

1891

1892

1893

1894

1895

1896

1897

1898

1899

1900

1901

1902

1903

1904

1905

1906

1907

1908

1909

1910

1911

1912

1913

1914

1915

1916

1917

1918

1919

1920

1921

1922

1923

1924

1925

1926

1927

1928

1929

1930

1931

1932

1933

1934

1935

1936

1937

1938

1939

1940

1941

1942

1943

1944

1945

1946

1947

1948

1949

1950

1951

1952

1953

1954

1955

1956

1957

1958

1959

1960

1961

1962

1963

1964

1965

1966

1967

1968

1969

1970

1971

1972

1973

1974

1975

1976

1977

1978

1979

1980

1981

1982

1983

1984

1985

1986

1987

1988

1989

1990

1991

1992

1993

1994

1995

1996

1997

1998

1999

2000

2001

2002

2003

2004

2005

2006

2007

2008

2009

2010

2011

2012

2013

2014

2015

2016

2017

2018

2019

2020

2021

2022

2023

2024

2025

2026

2027

2028

2029

2030

2031

2032

2033

2034

2035

2036

2037

2038

2039

2040

2041

2042

2043

2044

2045

2046

2047

2048

2049

2050

2051

2052

2053

2054

2055

2056

2057

2058

2059

2060

2061

2062

2063

2064

2065

2066

2067

2068

2069

2070

2071

2072

2073

2074

2075

2076

2077

2078

2079

2080

2081

2082

2083

2084

2085

2086

2087

2088

2089

2090

2091

2092

2093

2094

2095

2096

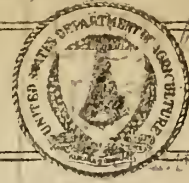
2097

2098

2099

2100

Librarian



WASHINGTON D. C.

1. NAME: _____

by

the Bureau of Home Economics
U. S. Department of Agriculture, and
the Woman's Division of the
President's Emergency Committee for
Employment

Every meal--Milk for children, bread for all.
Every day---Cereal in porridge or pudding.
Potatoes.
Tomatoes (or oranges) for children.
A green or yellow vegetable.
Milk for all.
Two to four times a week --
Lean meat, fish or poultry, or cheese.
Tomatoes for all.
Dried beans and peas or peanuts.
Eggs (especially for children)

* * * * *

The allowance for a family of five is from five to seven pounds of lean meat, liver, fish, cheese and eggs each week in the low cost food guide.

developed by the bureau. This is not a large quantity and it must be divided among the five groups and must be spread over seven days. It requires ingenuity to decide which ones to buy and how to use them in order to avoid undesirable monotony in serving inexpensive meals.

Comparatively speaking, the foods in this group are the highest in price. Consequently, the quantity of these foods in a dietary so inexpensive is less than is normally found in the average diet. Some proteins may be supplied in cheaper forms, but meat, cheese, fish and eggs can not be ignored. They add flavor, interest and efficient protein to a diet likely to become monotonous if made up largely of cereals and legumes.

The bureau calls attention to the fact that American cheese and cottage cheese are the two least expensive forms of cheese available in this country. The former is a commercial product made from milk and ripened, while the latter is usually home made and unripened. It has been estimated that an inch cube of American cheese has a fuel value greater than an egg, and equal to an ounce of porterhouse or sirloin steak, and that it supplies as much protein as the latter. The food value of cottage cheese is similar.

The theory that cheese causes intestinal disturbances has been entirely disproved in tests by the Department of Agriculture. The experiment showed that cheese, like meat, is well digested when properly prepared and is thoroughly assimilated.

Cheese is a concentrated food, consequently the best way to insure good digestion is to serve bread or other cereals with it, taking care to cook the cheese in such a way that it is soft and not leathery. High temperature makes cheese tough, so the bureau suggests that the cheese be grated and mixed through the food rather than spread across the top as is so often done in scalloped and baked dishes.

The popularity of macaroni and cheese is well founded the bureau says; the flavor is pleasing and the macaroni, which is a cereal product, supplies starch and carbohydrates which cheese lacks. But the nutrition experts of the bureau say that, to balance the meal, some food such as tomatoes, lettuce, spinach or fruit should be served with this dish and, in fact, with all cheese dishes.

Mild flavored cheeses may be eaten in quantity while the "sharper" varieties are more suitable for flavoring foods which lack savor. Cottage cheese, and, in fact, most American varieties of cheese are mild. Cottage cheese can be served in many pleasing ways other than as a salad, and the bureau has developed some interesting recipes for utilizing this inexpensive food. It may be used as a filler for sandwiches, combined with nuts, vegetables, relishes and meats. Cottage-cheese pie and Old Dutch Cheese Cake are two old favorites. It may also be made into a loaf and baked in the oven, made into patties and into balls that are fried in deep fat.

American cheese has innumerable uses, for it can be served with eggs, omelets, in rarebits, or baked with many vegetables. To-day's menu introduces cheese in a bean loaf that is served with tomato sauce. This dish serving 5 persons can be made for 24 cents or thereabouts, depending on local food costs.

A FAMILY OF FIVE

including

father, mother, and three children should buy every week:

Bread	12 - 16 pounds
Flour	1 - 2 pounds
Cereal	4 - 6 pounds
Whole fresh milk	23 - 28 quarts
or	(tall
Canned unsweetened milk	23 - 28 (cans
Potatoes	15 - 20 pounds
Dried beans, peas, peanut butter	1 - 2 pounds
Tomatoes, fresh or canned, or citrus fruit	6 pounds
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 18 pounds
Fats, such as bacon, butter, lard, margarine, salt pork, etc. . .	2½ pounds
Sugar and molasses	3 pounds
Lean meat, fish, cheese, eggs (8 eggs approximate 1 pound) . .	5 - 7 pounds
Eggs (for children)	8 eggs
Coffee	1 pound
Tea	¼ pound

* * * * *

MENU FOR ONE DAY

Breakfast

Oatmeal - Top milk
Toast
Coffee (adults) - Milk (children)

Lunch

Cheese and Bean Loaf with Tomato Sauce
(Poached Egg For A Young Child)
Spinach - Boiled Onions
Muffins

Dinner

Creamed Chipped Beef
Boiled Potatoes
Baked Indian Pudding
* * * * *

RECIPES

Cheese and Bean Loaf with Tomato Sauce

1 lb. can kidney beans or	1 cup soft bread crumbs
1 cup dried beans, cooked until tender	Salt
1 cup grated cheese	Pepper
1 small onion	

Put the beans and onion through a meat chopper. Add the cheese and seasonings and sufficient bread crumbs to make the mixture stiff enough to be formed into a roll. Bake in a moderate oven until delicately browned, basting with hot water combined with 2 tablespoons fat. Serve hot with tomato sauce.

Cottage Cheese Patties

2 tablespoons finely chopped onion	$\frac{1}{4}$ cup peanut butter
2 tablespoons fat	Salt
2 cups cottage cheese	Pepper
2 cups dry bread crumbs or	
1 cup cooked rice and 1 cup bread crumbs	

Cook the onion in the fat until tender, but not brown. Mix with other ingredients and salt, and pepper to season. Form into flat cakes and dust lightly with fine bread or cracker crumbs, or corn meal. Fry a delicate brown in a little fat in a hot frying pan. The mixture should be stiff since the cheese tends to soften during the cooking.

Dutch Cheese Cake

$3\frac{1}{2}$ tablespoons flour	1 cup cottage cheese
$\frac{2}{3}$ cup sugar	Lemon juice and rind
$\frac{1}{2}$ cup milk	Mace or nutmeg
2 eggs	

Mix the cornstarch thoroughly with the sugar, slowly add the milk and cook until thickened, stirring constantly. Take from stove and stir in the cottage cheese, well beaten eggs and flavoring. Bake in a shallow greased dish for 25 minutes in a moderate oven. This makes a very firm custard. Serve cold.

Baked Indian Pudding

1 quart milk	$\frac{1}{2}$ cup molasses
$\frac{1}{3}$ cup yellow cornmeal	$\frac{1}{2}$ to 1 teaspoon ginger
1 teaspoon salt	

Cook the milk, cornmeal, and salt in a double boiler for 20 minutes. Add the molasses and ginger, pour into a greased baking dish, and bake in a very moderate oven (about 300°F.) for 2 hours. Serve hot or cold, with or without milk.

-----WT-----



D. A.
AU OF

WASHINGTON, D. C.

by

the Bureau of Home Economics,
U.S. Department of Agriculture, and
the Woman's Division of the
President's Emergency Committee for
Employment

Every meal—Milk for children, bread for all.
Every day—Cereal in porridge or pudding.
Potatoes.
Tomatoes (or oranges) for children.
A green or yellow vegetable.
A fruit or additional vegetable.
Milk for all.
Two to four times a week—
Tomatoes for all.
Dried beans and peas or peanuts.
Eggs (especially for children).
Lean meat, fish or poultry, or cheese.

Many marine and Great Lakes fish are moderate in price near where they are caught and comparatively little more expensive at a distance thanks to modern ship-

1. *Pharmaceuticals* (1998) 10: 101-102.
 2. *Pharmaceuticals* (1998) 10: 103-104.
 3. *Pharmaceuticals* (1998) 10: 105-106.
 4. *Pharmaceuticals* (1998) 10: 107-108.
 5. *Pharmaceuticals* (1998) 10: 109-110.
 6. *Pharmaceuticals* (1998) 10: 111-112.
 7. *Pharmaceuticals* (1998) 10: 113-114.
 8. *Pharmaceuticals* (1998) 10: 115-116.
 9. *Pharmaceuticals* (1998) 10: 117-118.
 10. *Pharmaceuticals* (1998) 10: 119-120.
 11. *Pharmaceuticals* (1998) 10: 121-122.
 12. *Pharmaceuticals* (1998) 10: 123-124.
 13. *Pharmaceuticals* (1998) 10: 125-126.
 14. *Pharmaceuticals* (1998) 10: 127-128.
 15. *Pharmaceuticals* (1998) 10: 129-130.
 16. *Pharmaceuticals* (1998) 10: 131-132.
 17. *Pharmaceuticals* (1998) 10: 133-134.
 18. *Pharmaceuticals* (1998) 10: 135-136.
 19. *Pharmaceuticals* (1998) 10: 137-138.
 20. *Pharmaceuticals* (1998) 10: 139-140.
 21. *Pharmaceuticals* (1998) 10: 141-142.
 22. *Pharmaceuticals* (1998) 10: 143-144.
 23. *Pharmaceuticals* (1998) 10: 145-146.
 24. *Pharmaceuticals* (1998) 10: 147-148.
 25. *Pharmaceuticals* (1998) 10: 149-150.
 26. *Pharmaceuticals* (1998) 10: 151-152.
 27. *Pharmaceuticals* (1998) 10: 153-154.
 28. *Pharmaceuticals* (1998) 10: 155-156.
 29. *Pharmaceuticals* (1998) 10: 157-158.
 30. *Pharmaceuticals* (1998) 10: 159-160.
 31. *Pharmaceuticals* (1998) 10: 161-162.
 32. *Pharmaceuticals* (1998) 10: 163-164.
 33. *Pharmaceuticals* (1998) 10: 165-166.
 34. *Pharmaceuticals* (1998) 10: 167-168.
 35. *Pharmaceuticals* (1998) 10: 169-170.
 36. *Pharmaceuticals* (1998) 10: 171-172.
 37. *Pharmaceuticals* (1998) 10: 173-174.
 38. *Pharmaceuticals* (1998) 10: 175-176.
 39. *Pharmaceuticals* (1998) 10: 177-178.
 40. *Pharmaceuticals* (1998) 10: 179-180.
 41. *Pharmaceuticals* (1998) 10: 181-182.
 42. *Pharmaceuticals* (1998) 10: 183-184.
 43. *Pharmaceuticals* (1998) 10: 185-186.
 44. *Pharmaceuticals* (1998) 10: 187-188.
 45. *Pharmaceuticals* (1998) 10: 189-190.
 46. *Pharmaceuticals* (1998) 10: 191-192.
 47. *Pharmaceuticals* (1998) 10: 193-194.
 48. *Pharmaceuticals* (1998) 10: 195-196.
 49. *Pharmaceuticals* (1998) 10: 197-198.
 50. *Pharmaceuticals* (1998) 10: 199-200.
 51. *Pharmaceuticals* (1998) 10: 201-202.
 52. *Pharmaceuticals* (1998) 10: 203-204.
 53. *Pharmaceuticals* (1998) 10: 205-206.
 54. *Pharmaceuticals* (1998) 10: 207-208.
 55. *Pharmaceuticals* (1998) 10: 209-210.
 56. *Pharmaceuticals* (1998) 10: 211-212.
 57. *Pharmaceuticals* (1998) 10: 213-214.
 58. *Pharmaceuticals* (1998) 10: 215-216.
 59. *Pharmaceuticals* (1998) 10: 217-218.
 60. *Pharmaceuticals* (1998) 10: 219-220.
 61. *Pharmaceuticals* (1998) 10: 221-222.
 62. *Pharmaceuticals* (1998) 10: 223-224.
 63. *Pharmaceuticals* (1998) 10: 225-226.
 64. *Pharmaceuticals* (1998) 10: 227-228.
 65. *Pharmaceuticals* (1998) 10: 229-230.
 66. *Pharmaceuticals* (1998) 10: 231-232.
 67. *Pharmaceuticals* (1998) 10: 233-234.
 68. *Pharmaceuticals* (1998) 10: 235-236.
 69. *Pharmaceuticals* (1998) 10: 237-238.
 70. *Pharmaceuticals* (1998) 10: 239-240.
 71. *Pharmaceuticals* (1998) 10: 241-242.
 72. *Pharmaceuticals* (1998) 10: 243-244.
 73. *Pharmaceuticals* (1998) 10: 245-246.
 74. *Pharmaceuticals* (1998) 10: 247-248.
 75. *Pharmaceuticals* (1998) 10: 249-250.
 76. *Pharmaceuticals* (1998) 10: 251-252.
 77. *Pharmaceuticals* (1998) 10: 253-254.
 78. *Pharmaceuticals* (1998) 10: 255-256.
 79. *Pharmaceuticals* (1998) 10: 257-258.
 80. *Pharmaceuticals* (1998) 10: 259-260.
 81. *Pharmaceuticals* (1998) 10: 261-262.
 82. *Pharmaceuticals* (1998) 10: 263-264.
 83. *Pharmaceuticals* (1998) 10: 265-266.
 84. *Pharmaceuticals* (1998) 10: 267-268.
 85. *Pharmaceuticals* (1998) 10: 269-270.
 86. *Pharmaceuticals* (1998) 10: 271-272.
 87. *Pharmaceuticals* (1998) 10: 273-274.
 88. *Pharmaceuticals* (1998) 10: 275-276.
 89. *Pharmaceuticals* (1998) 10: 277-278.
 90. *Pharmaceuticals* (1998) 10: 279-280.
 91. *Pharmaceuticals* (1998) 10: 281-282.
 92. *Pharmaceuticals* (1998) 10: 283-284.
 93. *Pharmaceuticals* (1998) 10: 285-286.
 94. *Pharmaceuticals* (1998) 10: 287-288.
 95. *Pharmaceuticals* (1998) 10: 289-290.
 96. *Pharmaceuticals* (1998) 10: 291-292.
 97. *Pharmaceuticals* (1998) 10: 293-294.
 98. *Pharmaceuticals* (1998) 10: 295-296.
 99. *Pharmaceuticals* (1998) 10: 297-298.
 100. *Pharmaceuticals* (1998) 10: 299-300.
 101. *Pharmaceuticals* (1998) 10: 301-302.
 102. *Pharmaceuticals* (1998) 10: 303-304.
 103. *Pharmaceuticals* (1998) 10: 305-306.
 104. *Pharmaceuticals* (1998) 10: 307-308.
 105. *Pharmaceuticals* (1998) 10: 309-310.
 106. *Pharmaceuticals* (1998) 10: 311-312.
 107. *Pharmaceuticals* (1998) 10: 313-314.
 108. *Pharmaceuticals* (1998) 10: 315-316.
 109. *Pharmaceuticals* (1998) 10: 317-318.
 110. *Pharmaceuticals* (1998) 10: 319-320.
 111. *Pharmaceuticals* (1998

ping facilities. According to John Ruel Manning of the Bureau of Fisheries, U. S. Department of Commerce, frozen fish are fresh fish providing they are properly frozen and kept in storage.

Of the several freezing methods, quick freezing is by far the best Mr. Manning declares, for then there is little, if any, possibility of a change in the chemical composition of the fish. Unfortunately this method is not universally used at present, but as soon as housewives demand quick frozen fish, the method probably will be adopted by all packers.

Package fish, which is the name given to steaks of cod, halibut, and salmon and fillets of several species of fish, especially haddock, are shipped frozen throughout the country. They are so named because they are wrapped in varying weights for home and hotel consumption. This method reduces shipping charges, since the inedible portions are discarded at the packing plant. These are converted into fish meal for animal feeding, and, in some cases, valuable oils are a by-product. Because of the popularity of package fish the haddock, which is caught the year round along the New England seacoast, has surpassed in quantity the catch of cod.

Whole fish are also frozen and shipped, and the same rules for knowing whether a fish is fresh or not can be applied to the frozen variety, with the exception that the eyes may be slightly wrinkled and sunken. Frozen fish should be taken home and cooked while frozen and should not be thawed out before cooking, the bureau points out. If the outside is heated quickly the juices will not leak out and the flavor will be retained. But the temperature should be reduced immediately after both sides are heated, and the fish should be cooked at a low temperature, for a short time to heat through and develop flavor.

Fish is all tender as there is very little connective tissue to break down as in the case of meat. Consequently it falls apart easily when cooked. The flavor of fish is delicate and for variety it is often cooked in fat and served with acid foods, like lemon, tomatoes, and slaw.

Marine fish are rich in iodine and are especially valuable as food in certain disorders of the thyroid, Mr. Manning says. All fish contain important minerals and large amounts of protein, the substance which builds tissues and supplies energy to the body.

Like lean meat, fish, with the exception of fish oils, is not considered an adequate source of vitamins. Salmon oil compares favorably with medicinal cod liver oil in the content of Vitamins A and D. Recent research in the Bureau of Fisheries has shown that other fish oils are excellent sources of Vitamin D, a fact which Mr. Manning predicts will, in time, make it possible for this country to curtail its large importation of cod liver oil.

Canned salmon is one of the principal fish products from the standpoint of nutrition as well as economy. It is one of the few foods from which it is possible to get Vitamin D, the anti-beriberi vitamin and it is outstanding among fishes in its fat content. It also contains Vitamin G, which is the foe of pellagra.

The large canned sardine is also higher than most fish in fat content and since it is usually packed in tomato sauce it is a valuable addition to the diet.

The earliest ways of preserving fish were smoking, salting, and a combination of the two, Mr. Manning explained. Though not so popular as at one time, because of the advent of freezing and refrigeration, smoked and salted fish still are much in demand. With these methods of preserving, the nutritive value of fish remains unchanged.

A FAMILY OF SEVEN

including

father, mother, and five children should buy every week:

Bread	16 - 22 pounds
Flour	3 - 4 pounds
Cereal	6 - 8 pounds
Whole fresh milk or	30 - 42 quarts
Canned evaporated milk	30 - 42 tall cans
Potatoes	20 - 30 pounds
Dried beans, peas, peanut butter	1 - 3 pounds
Tomatoes, fresh or canned, or citrus fruits	9 pounds
Other vegetables (including some of green or yellow color) and inexpensive fruits	20 - 25 pounds

Fats, such as lard, salt pork, bacon, margarine, butter, etc.	4 pounds
Sugar and molasses	5 pounds
Lean meat, fish, cheese, eggs (8 eggs approximates 1 pound)	7 - 10 pounds
Eggs (for children)	8 eggs
Coffee	1 pound
Tea	$\frac{1}{4}$ pound

* * * * *

MENU FOR ONE DAY

Breakfast

Stewed Prunes

Cooked Cereal - Top Milk
Coffee (adults) - Milk (children)

Lunch

Corn Chowder - Egg Salad
(Coddled egg and Toast for baby)
Cocoa Milk (for baby)

Dinner

Salmon and Potato Puff
Cabbage (5 minute) - Scotch Wafers
Tea (adults) Milk (children)

* * * * *

These recipes serve five persons:

SALMON AND POTATO PUFF

1 pound can salmon (2 cups)	3 eggs
2 tablespoons butter or other fat	1 teaspoon salt
2 tablespoons chopped celery	1 teaspoon minced onion
2 tablespoons chopped parsley	1 tablespoon lemon juice
2 cups seasoned mashed potatoes	Few drops tabasco sauce

Drain the fish, flake it with a fork, and remove all bones. Melt the fat and cook the celery and parsley in it for a few minutes. Then combine with the salmon, mashed potatoes, and seasonings, add the beaten egg yolks, and beat the mixture until very light. Fold in the well-beaten whites of eggs, pile lightly at once into a greased baking dish, and bake in a moderate oven (350° F) for 1 hour, or until set in the center and lightly browned. Serve in the dish.

If salmon and potato puff is baked in ramekins or custard cups, it will be especially light and fluffy and attractive for serving as a luncheon dish.

CODFISH, SPAGHETTI, AND TOMATOES

1/2 pound salt, codfish, diced	2 tablespoons chopped parsley
2 cups spaghetti, broken in small pieces	2 tablespoons olive oil or
1 quart canned tomatoes	other fat
2 bay leaves	1/4 cup chopped olives
1 onion, sliced	Salt if needed

Soak the codfish in cold water to cover for 2 hours or longer--until sufficient salt has been removed--and drain. Cook the spaghetti in boiling salted water until tender, and drain. Simmer the tomatoes and codfish with the bay leaves for about 20 minutes, and remove the bay leaves. Cook the onion and parsley in the olive oil for a few minutes, combine all the ingredients, and cook for a few minutes longer. Serve hot.

SCOTCH WAFERS

2 cups rolled oats	2 teaspoons baking powder
1 cup sifted flour	3 tablespoons fat
1/2 cup sugar	1/3 cup milk
1/2 teaspoon salt	

Mix the dry ingredients, add the fat, and mix together thoroughly. Add enough milk to make a dough sufficiently hard to roll (about 1/3 of a cup). Knead this dough well, roll very thin, and cut with a biscuit cutter. Bake in a moderately hot oven (375° F.) for 15 to 20 minutes. When cool the wafers should be very crisp.

* * * * *

Recipes for any of the dishes mentioned in the menu may be secured free of charge by writing to Bureau of Home Economics, U. S. Department of Agriculture, Washington, D. C.

